

Tracking Apps

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Future You Nutrition

Why Use them?

- Help answer some questions
 - Do you eat a lot of sugar?
 - Do you eat adequate protein?
 - Do you eat a variety of vegetables?
- See any trends
 - Do you always splurge on Saturdays?
 - Do you always snack after dinner and before bed?
- Evaluate your health
 - Is the food you're eating helping or hurting you?



Features

- Food log
- Exercise log
- Find like minded people
- Reports
- Recipe Ideas
- Meal Planning
- Some features are free, others are only available with a paid subscription.



Examples

- My Fitness Pal
- Carb Manager
- Cronometer
- Lose it!
- Calorie Counter
- Calorie Vision ai Assistant
- Macro Tracker
- My Diet Coach



Apps

- Most have a mobile version as well as a desktop version
- Common features available on all platforms
- Some features are only available on the desktop version



Food Logging

- Snap a pic and have it entered in your log
- Scan the UPC label and have it entered in your log
- Type in the food you are consuming
- Set up “meals” foods frequently eaten together
- Create recipes to see how they meet your goals
- Get the nutritional info for any recipe.



Exercise Log

- Sync your fitness tracker
- See how exercise might help to offset your caloric limits



My Favorite Features



- Barcode scanning
 - Premium version of MyFitnessPal
 - Free with CarbManager
 - Free with Cronometer
- Create Recipes Manually
 - Free with MyFitnessPal
 - Free with CarbManager
 - Free with Cronometer
- Import Recipes (url link)
 - Free with MyFitnessPal
 - Premium with CarbManager
 - Premium with Cronometer
- Repeat items
 - Free with MyFitnessPal
 - Premium with CarbManager
 - Premium with Cronometer



Screenshots- adding recipes- MFP

9 Ingredients

[Edit Recipe](#)

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- 1 lb(s), Sauerkraut
- 1 tsp(s), Dry Mustard Powder
- 2 large, Egg
- 16 oz, Cheese food - Swiss
- 0.50 cup(s), Mayonnaise
- 16 oz, Beef, corned
- 1 tsp(s), Spices, onion powder
- 2 tsp, Spices, caraway seed
- 0.50 cup, whipped, Cream, fluid, heavy whipping

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 945	
% Daily Value *	
Total Fat 77 g	119 %
Saturated Fat 36 g	179 %
Monounsaturated Fat 26 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 328 mg	109 %
Sodium 3762 mg	157 %
Potassium 731 mg	21 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	14 %
Sugars 1 g	
Protein 52 g	104 %

Screenshots- adding recipes- CarbManager



Buffalo Chicken Soup

Publisher: www.ibreatheimhungry.com

Nutrient	Value	% Goal
Calories	136	7%
Total Carbs	4.5g	17%
Net Carbs ⓘ	4.5g	17%
Fiber	0.0g	--
Starch	0.1g	--
Sugar	2.8g	--
Added Sugar	0.0g	--
Sugar Alcohols	0.0g	--
Allulose	--	--
Protein	12.7g	6%
Fat	7.4g	8%
Monounsat. Fat	1.7g	--
Polyunsat. Fat	0.3g	--
Omega-3 Fat	0.0g	--
Omega-6 Fat	0.3g	--
Saturated Fat	3.8g	--
Cholesterol	53.3mg	--
Glycemic Load	--	--





Buffalo Chicken Soup

Today 14:50

About The Recipe

6 serving 4g total carbs/serving 136 cal/serving

Ingredients

 Frank's Original Thick Sauce, Red Hot ½ Cup	 Cream cheese 4 Ounces (4oz, 113.4g)	 Swanson Chicken with Moroccan Spice Sipping Bone Broth 1 Container	 Kirkland Signature Premium Chunk Chicken Breast Canned 9 Ounces (9oz, 255.1g)
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Screenshots- adding recipes- Cronometer



Recipe Name

Buffalo CHicken Soup

Ingredients

+ ADD INGREDIENTS

Description	Database	Amount	Unit	Energy (kcal)	Weight	
Frank's Red Hot, Cayenne Pepper Sauce, Original	CRDB	1	tsp (5ml)	0.0	Unknown	✕
Kirkland Signature, Chicken Breasts, Boneless, Skinless and Seasoned,Canada	CRDB	9	oz	285.8	255.1 g	✕
Cream Cheese, Brick	NCCDB	4	oz	396.9	113.4 g	✕
Swanson, Chicken Broth	CRDB	4	Cup	40.0	960.0 g	✕

Serving Sizes

Enter how many servings your recipe has. Toggle on Advanced Serving Sizes to see more options.

Serving Based Weight Based

Serving Name

Serving

Servings per Recipe



4

Buffalo CHicken Soup		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	722.7	
	% Daily Value*	
Total Fat	45.2 g	58 %
Saturated Fat	23.9 g	120 %
Trans Fat	1.3 g	
Cholesterol	247.2 mg	82 %
Sodium	4455.5 mg	194 %
Total Carbohydrate	10.3 g	4 %
Dietary Fiber	0 g	0 %
Total Sugars	8.3 g	
Added Sugars	2 g	4 %
Protein	64 g	
Vitamin D	0 mcg	0 %
Calcium	210.4 mg	16 %
Iron	2.5 mg	14 %
Potassium	1136.2 mg	24 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>

Contact me

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Sources

- MyFitnessPal
- CarbManager
- Cronometer

